



GRIEF SUPPORT GROUP

You Don't Have to Navigate Grief Alone

Grief can feel isolating, but healing does not have to happen alone.

Join JFS for a supportive, in-person group where adults experiencing grief and loss can connect with others, share at their own comfort level, and receive guidance in a compassionate and confidential environment.



This group may offer support with:

- Understanding the grieving process
- Coping with difficult emotions
- Adjusting to life after a loss
- Finding connection and support
- Honoring memories while moving forward

When

Begins September 28
Mondays
5:30 - 7:00 PM
\$15 per session

Location

JFS Main Campus
Inside the JCC
12500 NW Military Hwy, Suite 250
San Antonio, TX 78231

Registration is required. Space may be limited.

To Learn More or Register



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210-302-6920